

ABSTRACT OF THE DISCLOSURE

10 ~~The present invention provides~~ a muscle strengthening and
rehabilitation apparatus and a method for use thereof wherein multiple radii of
curvature are used to provide a full three plane range of motion. The apparatus
includes a first surface for receiving a patient's extremity and a generally hemi-
ellipsoidal second surface for contacting a support surface. The patient applies a
15 force to the extremity on the first surface, and can pivot the apparatus around the
second surface in any direction to strengthen and rehabilitate the muscles of the
extremity.